

**ABSTRACT OF THE DISCLOSURE**

Balancing jacket for diving activities equipped with integrated packing system for its transport. Onto two areas symmetrically opposed with respect to the middle of the back portion of the jacket cooperating connecting means are applied, which connect said portions in an easily engageable and releasable way. The invention also relates to a method for packing a balancing jacket for diving activities by means of an integrated wrapping system, comprising the following steps: (a) tidily folding the components of the jacket on the front side; (b) assembling said elements as a package by pulling said complementary connecting means on the back portion of the jacket, and (c) firmly connecting said complementary connecting means, thus forming a compact package or assembly.